

S.

DK. LY. - LEGS RAIS' C TO UPRIGHT.

80

S.

ARM SIDE D.L. - SLOW T. BD'C, FORW.

81

5.

ARM SIDE D.L. - SLOW T. 3D'G FORW.
TO L. SITT. ARM RAIS'G SIDEW.

— + BACK.

F. + S.

KNEE ST. - T. DEND'G W. SUPPORT of
HELPER.

S.

STR. FRONT LY'G - HIP RAIS'G.

84

S.
OPP. KN. SITT. - BACK'D BD'C OF T.
W. SUPPORT OF HELPER.

5.

HANG'G - LEG SWING'G TO FOOT SUPP.

BOW HANG'G - KN. STETCH'G.

86

5.

STETCH CRASP ST. - ALT. + DOUBLE
HIGH KN. LIFT'G, STRETCH'G +
SLOW SINK'G.

S.

OPP. RING D.L. (LEGS LOCKED) T. 39'6
FOR W.

88

F.

H7. KNEE ST.-T. TWIST'G W. SINGLE
ARM FLING'G.



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